



FHS Summer term 1- *Science*

Please see below the Summer term 1 Science Knowledge Organiser for Humans- Exercise and Hygiene

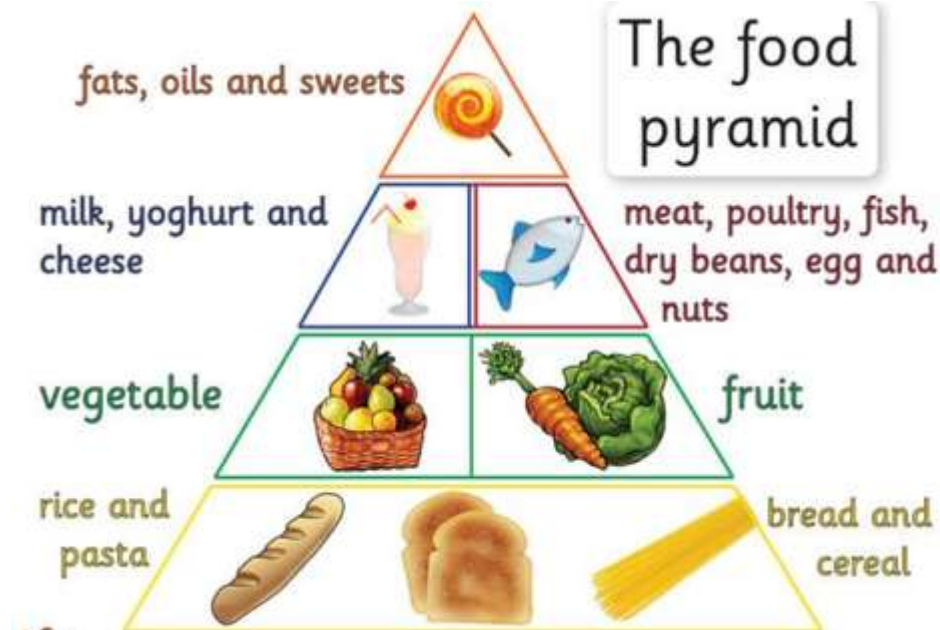
This is the key knowledge and information that they children will need to know about during this term's Learning Adventure.

FHS Knowledge Organiser	Year 2	Humans- Exercise and Hygiene
Key Vocabulary		Important Facts
<p>Exercise - When you exercise you move your body energetically in order to get fit and to stay.</p> <p>Hygiene- Keeping yourself and your surroundings clean, especially in order to prevent illness or the spread of disease.</p> <p>Germs- Tiny living things that cause disease.</p>		<p><u>Eating a Balanced Diet</u></p> <p>It is also important that humans eat a balanced diet with all of the right nutrients– this helps us to be bigger, stronger and healthier!</p> <p>Eating a balanced diet includes having fruit and vegetables, starchy foods such as bread and pasta, meat and fish and foods containing fat. It is important to drink 6-8 cups of water each day.</p>

Key Skills and resources

Hygiene




- It is important to be hygienic. This includes regularly washing our hair and bodies, washing hands before eating and brushing our teeth.
- Being hygienic stops the spread of germs which can cause diseases.
- Germs can spread easily from one person to another.





Science Fizzy Quiz



<p>Why is it important to wash your hands?</p> <p>_____</p>	<p>Tick the best way to wash your hands</p> <p>Hand sanitizer <input type="checkbox"/></p> <p>Cold water and soap <input type="checkbox"/></p> <p>Warm water and soap <input type="checkbox"/></p>	<p>List two changes to the body after exercise</p> <p>_____</p> <p>_____</p>
<p>Why is exercise important?</p> <p>_____</p> <p>_____</p>	<p>How long should you brush your teeth?</p> <p>20 seconds <input type="checkbox"/></p> <p>2 minutes <input type="checkbox"/></p> <p>20 minutes <input type="checkbox"/></p>	<p>Circle the carbohydrates</p> <div style="display: flex; justify-content: space-around; align-items: center;">    </div>

